

Title: Spiritual Heartbeat

BismillahirrahmaanirRaheem

Matn/ text

1. The spiritual heart, just like the physical heartbeat, has a heart beat. We'd call it "The spiritual heartbeat"
2. Those times in your heart(some say mind), when a set situation is similar, or it reminds you of a previous experience, or an experience in the past. That is the spiritual heartbeat, beating within the stages of the daraqaat(lowly levels), and the darajaat(higher levels) of the heart